The Go Anywhere Bag

for every disaster,
day to day to
end of the world

to be prepared is to be prepared to give

First Aid

Water Syringe - useful for irrigating wounds and eyes
Alcohol Wipes - sterilize equipment, surrounding skin, and wounds if necessary
Triple Antibiotic Ointment - apply after cleaning to speed healing and prevent infection
Moleskin Patches - cover burns and friction wounds
Elastic Bandage - keep pressure on bleed or sprain
Medical Tape - secure moleskin or bandages
Butterfly Closures - prevent wounds from reopening
Assorted Bandaids - keep it covered, keep it clean!
Acetaminophen - for general pain relief
Ibuprofen - treat pain caused by inflammation, including fevers
Aspirin - reduce fevers and clotting, so use caution if patient is trying to slow bleeding
Anti-Histamine - treat allergies and inflammation. diphenhydramine is standard, but use your favorite
Calcium Carbonate - treat heartburn and indigestion
Loperamide - anti-diarrheal
Iosat - anti-radiation drug. use within 15 minutes of exposure
Your Meds - carry 3 days worth and copy of your RX

Survival

Whistle - for signaling, warning, and being located
BIC EZ Reach Lighter - safe fire starting and making friends
Bruton Tag Along Compass - compact method of navigation
Mylar Emergency Blanket - hold in your body heat and hide from thermal imaging equipment
Aquatabs 49mg - water purification! filter through cloth, then 1 tablet in up to 2 liters, wait 30 minutes, and drink!
Credit Card Multitool - compact and non-threatening tool
Wetfire Firestarter Tablets - firestarting!
Bulk Tinder - another helping hand for fire
Petroleum Jelly Packets - for starting and treating burns
Utility Keys - to control water, gas, and other public utilities
P-51 Can Opener - what good is a sealed can of beans?
Stainless Steel Spork - to eat the beans
N-95 Mask - protect from particulates, disease, recognition
Super Glue - mend equipment and hold together cuts
Dental Floss - clean your teeth and patch your gear
Fiskars Travel Sewing Kit - compact repairs, could use as trauma sheers in an emergency
Compact Flashlight - good batteries are key
Signal Mirror - look in hard to see spaces and signal up to 10 miles away

Hygiene

Baby Powder - keep your nethers dry and frictionless
Sunscreen Packets - prevent sunburns, make friends
Stainless Steel Nail Clippers - nails and other trimming
Earplugs - for sleep, emotional regulation, and your hearing
Travel Toothbrush - normalcy amidst chaos is underrated
Travel Toothpaste - keep those pearly whites!
Stainless Steel Tweezers - pluck eyebrows or a splinter
Emergen-C Packets - immune system and electrolytes
Hand Sanitizer - don't get sick!
Body Wipes - wipe off the grime of the day
Wet Wipes - cleans your hands and beyond
Wool Socks - a warm, dry pair of socks feels heaven sent
Cotton Tampons - even if you don't need them, someone else will
Condoms - who knows! better to be safe
Caffeine Gum - to treat and prevent headaches
Ginger Candies - for the spirit and the stomach
Energy Bar - a little high protein snack goes a long way
1 Small Favorite Thing - a candy or a photo or a set of cards, whatever will bring you joy when you need it most